



# A STUDY ON THE USE OF THE LONG VACATION AT THE END OF THE SEMESTER BY PROSPECTIVE TEACHERS

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## ABSTRACT

Holidays play a vital role in the educational journey of students. They provide a much-needed break from the rigors of academic life, allowing students to rest, recharge, and refocus. Holidays also offer an opportunity for students to engage in extracurricular activities, pursue their interests, and explore new experiences. By taking a break from the structured routine of college, students can return to their studies with renewed energy, enthusiasm, and motivation. The main purpose of this study is to know about the use of the long Vacation at the end of the semester by Prospective Teachers. The researcher has taken a sample of 88 Secondary Teachers. The classified and tabulated data were subject to statistical analysis using percentage and t- test. From the analysed data, major findings, discussion, educational implications and suggestions was made and reported.

**KEYWORDS:** Vacation, Semester, Prospective Teachers

## INTRODUCTION

The importance of holidays extends beyond the individual student to the broader educational ecosystem. Holidays allow teachers and educators to take a break, reflect on their teaching practices, and plan for the upcoming semester. They also provide an opportunity for schools and colleges to organize special events, workshops, and programs that promote student well-being, creativity, and community engagement. By recognizing the value of holidays, educational institutions can foster a healthier, more balanced, and more productive learning environment that benefits all stakeholders.

### Objectives:

The study has the following objectives:

1. To find out the use of the long Vacation at the end of the semester by Prospective Teachers.
2. To compare the use of the long Vacation at the end of the semester among Male and Female prospective teachers.
3. To compare the use of the long Vacation at the end of the semester among Science and Arts stream prospective teachers.
4. To compare the use of the long Vacation at the end of the semester among urban and rural background prospective teachers.

### Hypothesis of the Study:

Based on the objectives, the researcher formulated the following null hypothesis,

**H-1:** There is no high level of use of the long Vacation at the end of the semester by Prospective Teachers.

**H-2:** There is no significant difference between the Male and Female Prospective Teachers opinion regarding use of long Vacation at the end of the semester.

**H-3:** There is no significant difference between the Science and Arts stream Prospective Teachers opinion regarding use of long Vacation at the end of the semester.

**H-4:** There is no significant difference between the Urban and Rural background Prospective Teachers opinion regarding use of long Vacation at the end of the semester.

### METHODOLOGY:

The purpose of this study is to know about the use of the long vacation at the end of the semester by Prospective Teachers. Descriptive survey method was used for this research study.

### Sampling Procedures:

Purposive sampling was used. The researcher purposively selected 88 Prospective student Teachers from Sree Siddaganga College of Education, Tumakuru city, Karnataka State, India.

Among 88 Prospective Teachers 30 are Male and 58 are Females. 48 Prospective Teachers from Science background and 40 Prospective Teachers from Arts background. 18 Prospective Teachers from urban background and 70 Prospective Teachers from Rural background.

### Tool used:

The Prospective Teachers opinion Scale was prepared by the researcher. In this scale few questions are restricted options questions and few questions are open ended questions.

### Statistical Techniques Used:

The data was collected through a self-constructed use of the long vacation Scale. The questions are related to the how to spend long Vacation, how they plan to use the Vacation, how it helps to boost their Personal Growth, what are their favourite

holidays activities etc. The classified and tabulated data were subject to statistical analysis using percentage and t- test only.

### Analysis and Interpretation:

The data was analysed on the basis of formulated hypothesis.

**Figure 1: Pie chart showing how Prospective Teachers spent holidays**



The chart presents responses from 88 individuals regarding how they spent their holidays. Here's a breakdown of the data:

- Pursuing a hobby/interest (orange) is the most popular choice, accounting for 31.8% of responses.
- Travelling (red) follows, with 25%.
- Relaxing at home (blue) is chosen by 18.2%.
- Preparing for competitive exams (green) and internship/job (purple) have smaller shares, at 11.4% and 11.4%, respectively.
- Other activities like housework, family events, and agriculture make up the remaining responses.

It seems that many people prefer relaxation and travel during their holidays.

**Figure 2: Pie chart showing how Prospective Teachers plans in holidays in terms of personal growth**

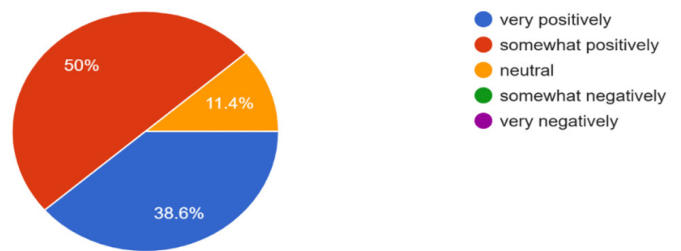


The chart illustrates the plans of 88 individuals regarding personal growth during their holidays. Here's a summary of the findings:

- Self-care (orange) is the most popular choice, with 36.4% of respondents selecting this option.
- Setting personal goals (red) follows closely at 29.5%.
- Learning a new skill (blue) is chosen by 31.8%.
- A smaller segment, learning a new skill while also setting personal goals (green), accounts for 2.3%.

It's interesting to see that a significant portion of people prioritize learning new skills and self-care during their holidays. This suggests a strong inclination towards personal development.

**Figure 3: Pie chart showing how Prospective Teachers think the holidays impacted their mental and physical health**

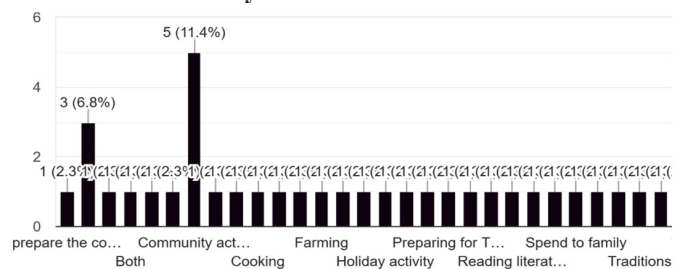


The data from the chart shows how 88 individuals perceive the impact of their holidays on their mental and physical health:

- 50% of respondents feel that the holidays impacted them somewhat positively (red).
- 38.6% believe the impact was very positive (blue).
- A smaller portion, 11.4%, reported a neutral effect (orange).
- No respondents indicated that the holidays had a somewhat negative (green) or very negative (purple) impact.

This suggests a generally positive perception of holiday experiences regarding health, with a significant majority feeling that their time off contributed positively to their well-being.

**Chart 1: Chart showing Prospective Teachers' favourite holiday traditions or activities**



This chart presents the favourite holiday traditions or activities based on 88 responses. It appears that "Cooking" is the most popular choice, with 11.4% of respondents selecting it. Other activities like "Community activities" and "Preparing for traditions" also received some attention, but most options have relatively low responses.

### FINDINGS:

- 31.8% of the student-teachers have used their holidays to pursue their hobbies or interests. This shows a good sign among the student-teachers who invest their free time on themselves for their mental wellbeing.
- 25% of the members have travelled to different places in their holidays. This shows that these people love to explore places.
- 18.2% of the student teachers spent their holidays by just relaxing at home. These student-teachers could've utilised their free time for a much better cause.
- 79.5% of the student-teachers have used their holidays to catch-up on the academic work. This is a good trait of a student who's willing to learn more and grab opportunities to learn more in their free time.
- 20.5% of the members have opted NO. These members

might have been busy with some other things or might have used their holidays to just relax at home. As a responsible person, the semester end holidays could have been used to catchup on their academic work by these student-teachers.

- 36.4% of the student-teachers spent their holidays for self-care. This a very good sign for an individual after going through a phase. Self-care helps a person for his/her overall wellbeing allowing them to recharge and refocus.
- 31.8% of the student-teachers invested their precious time to learn a new skill. Acquiring new skills enhances personal and professional growth, increasing confidence, adaptability, and competitiveness in an ever-evolving world. Continuous learning also fosters creativity, innovation, and critical thinking, leading to improved problem-solving abilities and a more fulfilling life.
- 29.5% of the people spent their holidays to set some personal goals. Setting personal goals helps individuals clarify their priorities, focus their efforts, and create a roadmap for achieving success and fulfilment. By setting specific, measurable, and attainable goals, individuals can boost motivation, build self-discipline, and develop a sense of purpose and direction.
- 50% of the respondents were little bit positive and were convinced that the holidays impacted their mental and physical health.
- 38.6% of the members were very positive that the vacation has helped them to enhance their mental and physical health.
- Only 11.4% were neutral about this concept who neither felt it as positive nor negative.

Holidays provide a much-needed break from daily routines and stressors, allowing for relaxation and rejuvenation. Social connections and bonding with loved ones during holidays can boost mood and overall well-being. Physical activities, such as travel and outdoor pursuits, can improve cardiovascular health and reduce symptoms of anxiety and depression. Holidays also offer opportunities for self-reflection, mindfulness, and personal growth.

### SUGGESTIONS:

The semester-end holidays are a great opportunity to recharge and refocus. However, to make the most of this break, it's essential to plan your time systematically. Create a schedule that balances relaxation, productivity, and personal growth. Allocate specific days or hours for catching up on sleep, reading, or spending time with family and friends. This will help you avoid procrastination and make the most of your break.

While relaxation is necessary, too much of it can lead to lethargy and a lack of motivation. Use this break to engage in creative work, such as writing, painting, or photography. You can also take online courses or attend workshops to learn new skills or enhance existing ones. If you're planning to take government exams, use this time to prepare and revise. Focus on your weaknesses and practice consistently to improve your chances of success.

As you enjoy your break, also think about your future and

career goals. Reflect on your strengths, passions, and values to identify potential career paths. Research job opportunities, network with professionals in your desired field, and update your resume and online profiles. Use this time to set realistic goals and create a plan to achieve them. By striking a balance between relaxations, productivity, and planning, you'll make the most of your semester-end holidays and set yourself up for success in the future.

### CONCLUSION:

As we conclude, it's essential to recognize the significance of semester-end holidays in a student's life. Time is precious, and these breaks offer a much-needed opportunity for students to recharge, reflect, and refocus. Student life is often referred to as a "golden life," and holidays play a crucial role in making the most of this period.

Holidays provide students with the chance to explore new interests, acquire new skills, and engage in activities that can enhance their knowledge and understanding of the world. By utilizing holidays effectively, students can set themselves up for a bright future, better equipping themselves for their chosen careers. Proper utilization of holidays can make all the difference in a student's academic and professional journey.

Ultimately, semester-end holidays are not just a time for relaxation and leisure, but also an opportunity for growth, learning, and self-improvement. By striking the right balance between rest and productivity, students can make the most of their holidays and return to their studies with renewed energy, motivation, and a clearer sense of purpose.

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